



Stethem Sentinel



The Official Newsletter For The Stethem Families And Crew

USS STETHEM (DDG-63)

NOVEMBER, 2002

Commanding Officer

CDR. D. Melin

Executive Officer

LCDR J. Darlak

Command Master Chief

CMDMC B. Engle

Ombudsman

Jacquelyn Bottos

Ombudsman Information

Careline: (619) 685-7245

Pager: (619) 965-6289

E-mail: stethemomb@san.rr.com

UPCOMING EVENTS

FAMILY & FRIENDS MEETING

November 21

Set-up/Dinner cooked at 6pm

Meeting/Dinner served at 6:30pm

USO, downtown San Diego

**COMMAND CHRISTMAS
PARTY**

December 6 at 7pm

Windham Emerald Plaza Hotel,
downtown San Diego

CHILDREN'S HOLIDAY PARTY

December 13, Time: 4:30-8:30pm
32nd St. Bowling Alley Banquet Rm.

SANTA SHOP

December 3, 10, & 17

6:30pm to 8pm

December 8 & 15

3pm to 5pm

Kids 3 years to 15 years

Call for more info (619) 235-6503

Captain's Call

Dear STETHEM Family and Friends,

S W O O S H! That's the sound of STETHEM launching the first missile of the Tactical Tomahawk program. We conducted this successful Tomahawk shot last month, and it was the culmination of lots of great work on the part of the STETHEM Steelworkers. The Navy is putting huge emphasis in this important weapons program, and they are counting on STETHEM to bring the program into full production as their test ship. I am extremely proud of my team aboard STETHEM, and I know you are too.

In addition to fielding Tactical Tomahawk, we Steelworkers continue to train hard and maintain the ship. After the September 11, 2001 attacks on the Pentagon and the World Trade Center, our Commander in Chief told the Armed Forces to "Be Ready." The Steelworkers are ready, willing and able to answer what ever call comes.

The holidays are rapidly approaching and we have scheduled a STETHEM Christmas party on December 13th. I hope to see you at one or both events.

I would like to extend a warm welcome to Mrs. Jacquelyn Bottos, our new STETHEM Command Ombudsman. She brings a wealth of Navy experience into this volunteer position and I know she will serve our Family and Friends well.

Kathryn and I wish the STETHEM Family and Friends all the best this holiday season.

Warmly,
Dave Melin



United States Navy
Fact File



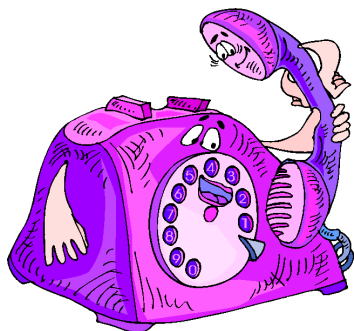
Tomahawk Cruise Missile

Description: Longe range, subsonic cruise missile used for land attack warfare, launched from surface ships and submarines.

Background: *Tomahawk* cruise missiles are designed to fly at extremely low altitudes at high subsonic speeds, and are piloted by several mission tailored guidance systems.

Features: *Tomahawk* has two warhead configurations: a 1,000-lb. blast/fragmentary unitary warhead and a general-purpose submunition dispenser with combined effect bomblets. Because of its longe range, lethality, and extreme accuracy *Tomahawk* has become the weapon of choice for the U.S. Department of Defense.

The **Tactical Tomahawk**, the next generation of *Tomahawk* cruise missile adds the capability to reprogram the missile while in-flight to strike any of 15 preprogrammed alternate targets or redirect the missile to any Global Positioning System (GPS) target coordinates. It also will be able to loiter over a target area for some hours, and with its on-board TV camera, will allow the warfighting commanders to assess battle damage of the target, and if necessary, redirect the missile to any other target.



Greetings From Your New Ombudsman!

A big hello to all the Stethem families and crewmembers. Please let me first introduce myself to you as your new Ombudsman. My name is Jacquelyn and I am the wife of Chief Gunners Mate Allen McLean. Chief McLean and I relocated here a couple of months ago from Annapolis, Maryland, and we are both very excited to be a part of the Stethem Family. We have already seen the great reputation the ship has through the crewmembers and spouses we have met thus far.

Although I have only been a Navy spouse for 5 years, I bring with me to this position a wealth of experience and knowledge having served in the Navy myself as an active duty Sailor for 24 years. I have first-hand experience of Navy life at sea, having served aboard sea-going commands (to include an aircraft carrier). I have 5 years experience as a Sexual Assault Advocate and have also completed tours in the Pentagon, U.S. Naval Academy, and numerous other shore commands (including a previous tour of duty in the San Diego area). I look forward to meeting all of you and stand ready to assist you in any way possible.

I will continue to publish this newsletter to keep you informed of the most up-to-date resources available in the Navy and the local civilian community, as well as the latest upcoming events that involve fun and enjoyment for your family. Each publication will "spotlight" a different resource with a brief description about it's capabilities and contact information. You will also find some very useful information to enhance your professional and personal life. If you have any ideas for newsletter inputs please do not hesitate to contact me. Inputs are always welcome!

Lastly, I would like to personally say "thank-you" to the previous Ombudsman, Jenny Cox for not only taking time out of her busy schedule to help me get started, but also for the many selfless hours she devoted to the Stethem families as your Ombudsman. We wish Jenny and her family fair winds and following seas as they embark on a new adventure at their next tour of duty in Japan. Lest I forget, I would also like to thank Mrs. Kathryn Melin, Teri-Lynn Osborne, and Paddy French for their assistance as well.

All the best for a safe and happy holiday season,
 Jacquelyn Bottos
 Pager: 619-965-6289
 E-mail: stethemomb@san.rr.com



Be sure to check out the Fleet & Family Support Center web page for great programs and services! Access work-shop schedules, volunteer opportunities, command programs and much more.

www.cnrs.w.navy.mil/fsc/fsc.htm

Information about the USO and their programs.

<http://www.usosandiego.org/>

A great first stop for beneficiaries to get information on the Tri-Care program.

<http://www.tricare.osd.mil/>

One-stop web site consolidates over 20,000 government Web Sites into one!

<http://firstgov.gov/>

Two great legal resources! 2002 California Domestic Violence Resources

<http://www.safenetwork.net/resource2002.pdf>

California Courts Self-Help Ctr.

<http://www.courtinfo.ca.gov/selfhelp/additionalinformation/resources.htm>

Lifelines Services Network. Info on Dependent Education, Financial Mgmt., Housing, Rights & Benefits and more!
<http://www.lifelines2000.org/>

YIKES!

If you know of a Stethem Family that did not receive this newsletter and would like a copy, please have them e-mail me their name and address at stethemomb@san.rr.com and I will gladly ensure they get a copy.



TOY FOR TOTS collection bins are coming to the Fleet & Family Support Center Nov 15. Call the Careline for more info. (619) 685-7245, press 2# for Ombudsman Information.

Bravo Zulu!



Congratulations and Well Done!

To all our Stethem Sailors that were promoted to

FIRST CLASS PETTY OFFICER
 SECOND CLASS PETTY OFFICER
 and
 THIRD CLASS PETTY OFFICER

We wish you all the best for continued success.

QUOTE OF THE DAY:

"An open mind leaves a chance for someone to drop a worthwhile thought in it."

- Apples Of Gold

President's Corner

Dear Family and Friends;

First I would like to welcome Jacquelyn Bottos as our new Ombudsman. I encourage all of you to come to the meeting and meet her on the 21st of November. Our meetings are the best place to meet new and wonderful families that share our way of life. We have informative as well as fun meetings.

But as we are here to help you we do need your input on how we can better serve you. We would like to start an e-mail or phone tree, but first we would like to assure you that your phone numbers and e-mails will strictly be for use in getting messages to "you" about upcoming events and new information we have. We will **never** pass your phone numbers or addresses on to persons other than those individuals on the board.

If you would like to be on the phone tree please call the Careline at 619-685-7245 (information line 3#), and leave your name and number that we can call to get the phone number or e-mail you wish to make available. The months to come will be very busy for everyone; we do not want anyone to miss the fun events planned. We will have the information available at the meeting. I hope to be seeing you all soon. And remember if there is anyway I can help, I am here for you.

Happy Holidays!
Teri-Lynn Osborne
President, Family and Friends

A Memo From The MWR Officer:

Mark Your Calendar



STETHEM CHRISTMAS PARTY

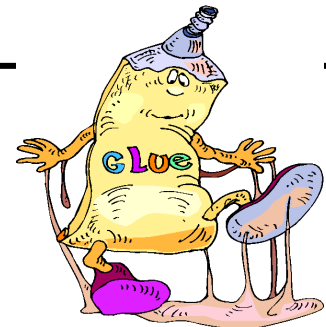
Friday, December 6th
Wyndham Emerald Plaza
Bar Opens at 1830
Dress: Semi-Formal

Professional Photographer
Will Be Available.



It's Official!

This years Armed Forces Salute
(Free Vets Admission) is
November 3-24, 2002
Free Admission for Past and Present
Military. Veteran or current military
Personnel and spouse (and one guest)
Plus up to two dependent children
(ages 3-11), get in free!
Proof of military service (DD214, Vet.
Administration Hospital I.D. or Active
Military Service I.D.) required at the
Knott's Berry Farm ticket booths.



Information That Does Us Good

STRESS Just the word alone can evoke fear in some people. Yet how is it that some folks can "keep it all together" while under stress and others become "UNGLUED"? Most of us enjoy the hustle and bustle of a holiday season, but it can be a source of stress. Sometimes the stress is too much to handle. The stress of having to do too many things in too little time with too little rest can wear down just about anyone, but for people with high blood pressure, holidays can throw off their routine, which can adversely affect their health.

Doctors at UT Southwestern Medical Center at Dallas say people with high blood pressure, and those who are at risk, should try to stick with their diet and exercise routine, despite the holiday bustle. Try to maintain your weight, even if you are going to holiday parties. Eat a well-balanced diet and limit your consumption of sodium and alcohol. Engage in regular exercise, such as brisk walking. If the weather doesn't permit a good walk outdoors, this is a good time of year to visit the mall. Many malls open early just for walkers, and you can enjoy the holiday decorations while you exercise.

These are good tips even for those who don't have health problems. You'll enjoy the holiday season more if you don't feel stressed-out:

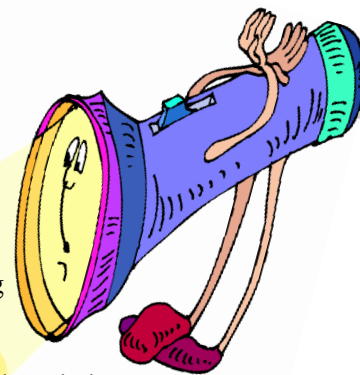
- Take some time for yourself amid all the bustle.
- Listen to relaxing music.
- Don't cheat yourself out of getting plenty of sleep.
- Don't try to do more than you can reasonably accomplish in the time you have.
- Give yourself a break to get some exercise.
- Read a good book or see a movie.
- Don't rely on alcohol to help you relax.

Note: This article is intended to provide general information only and should not replace the advice of a medical professional. You should contact your physician if you have questions about stress, it's affects or before commencing an exercise regime.

Resource In The Spotlight

Military Outreach Ministries

Previously called Military Parish Visitors (MPV) has officially changed their name to **Military Outreach Ministries (MOM)**. They believe this new name is much more fitting to the type of ministry they are in the 21st century. Their only focus is assisting active duty military families, especially targeting E-5 and below. More importantly they love their new initials, MOM, as they see themselves as those extended family members to help like moms (and dads, aunts, uncles or friends of parents) might be able to help if those young families in need were closer to home. They have emergency food, formula, and diapers; a loan closet with baby and household furniture and kitchen items; childrens clothing; and can assist with transportation to medical & WIC appointments (with advanced notice). They are creative problem solvers. This program is sponsored by local Presbyterian churches. **No religious belief is necessary to receive their free & confidential services.**



Outreach Leaders

North County & Camp Pendleton

Denise Wilson (760) 727-4166

Southern Territory of the San Diego County

Central District & MCAS Miramar: Mira Mesa, Murphy Canyon, Chesterton, and Cabrillo
Meredith Gery (619) 563-5119

South County

South Bay, Chula Vista, National City, Paradise Hills, San Diego Center, Point Loma, Pacific Beach, Lemon Grove, Spring Valley
Aline Bradley (619) 482-0109

East County

Lakeside, Santee, El Cajon, La Mesa
Debe Finch (619) 443-7847

FOOD MINISTRY

Fresh and canned food items, bread and baby food Is distributed last Wednesday of every month. Be sure to bring empty bags.

Central: Cabrillo Rec. Center, 4-5:30pm

South: Chula Vista Presbyterian Church, 4:30-5:30pm; 940 Hilltop Dr., Chula Vista (619-426-2211)

East: Lakeside Presbyterian Church, 4-5pm 9908 Channel Rd. Lakeside (619-443-1021)

BREAD MINISTRY

Bread, pastry and bagels are distributed at three locations. A great way to stretch your food budget!

Central: Cabrillo Rec. Center, Mondays 9am
Gateway Rec. Center, Fridays 11:30am

South: Terrace View Villa, Tuesdays 2pm (just off Home Ave. in San Diego) near pool.
Call Aline Bradley for directions (619-482-0109)

FOOD MINISTRY HOT-LINE (24 HR) - 619-338-4149



JUST A REMINDER! As you go about your routine during these busy days ahead, don't forget to lend a hand and help a needy family enjoy the nourishment of a good dinner on Thanksgiving and Christmas. Many churches, supermarkets and local civic organizations will be conducting food drives for Thanksgiving and Christmas asking for assistance with donations of canned goods or non-perishable foods.

Please donate (if you can), you'll be glad you did!

Clip-And-Save Phone Numbers:

USS STETHEM CARELINE.....(619) 685-7245
USS STETHEM OMBUDSMAN.....(619) 965-6289
USS STETHEM QUARTERDECK.....(619) 556-4222
AMERICAN RED CROSS.....(619) 291-2620
FAMILY SERVICE CTR (NAVSTA).....(619) 556-7404
NAVY/MARINE CORPS RELIEF SOCIETY..(619) 556-8283
NAVAL MEDICAL CTR EMERGENCY.....(619) 532-8275
NAVY LEGAL ASSISTANCE.....(619) 556-7276
24-HOUR CRISIS HOT LINE.....(619) 557-0500
OR.....1-800-479-3339